

GET REAL ABOUT TOBACCO

Correlations between Idaho's Standards for Achievement in Health and Lessons in *Get Real about Tobacco*™

The following charts identify the lessons in Get Real about Tobacco™ that are consistent with Idaho's Standards for Achievement in Health. Three things should be noted: First, a lesson might be consistent with a standard listed in a higher grade-level section, but isn't identified in that section. Second, because of the interactive nature of the lessons in Get Real about Tobacco™, some lessons may not address the standard explicitly but are nonetheless adaptable to meet the standard. And third, some of the standards may be addressed in various, nonspecific parts throughout the curriculum.

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Kindergarten

769. Healthy Lifestyles

Standard (The student will:)

acquire the essential skills to lead a healthy life

Lesson

Lesson 3, Messages from Media; Lesson 4, Messages from People; Lesson 6, *The Self-Control Skill™*, Day 1; Lesson 7, *The Self-Control Skill™*, Day 2; Lesson 8, *The Self-Control Skill™*, Day 3; Follow-up Lesson 2, The Man with the Smoke; Follow-up Lesson 3, Getting Support in Using *The Self-Control Skill™*

770. Risk-Taking Behavior

Standard (The student will:)

demonstrate the ability to practice health-enhancing behaviors and reduce health risks

Lesson

all lessons

771. Communication Skills for Healthy Relationships

Standard (The student will:)

demonstrate the ability to use communication skills to enhance health

Lesson

all lessons, especially Lesson 2, Sidestream Smoke; Lesson 9, Encouraging Others not to Use Tobacco

772. Consumer Health

Standard (The student will:)

organize, analyze, and apply health information practices and services appropriate for individual needs

Lesson

all lessons, especially Lesson 1, What Is Tobacco?; Lesson 2, Sidestream Smoke; Lesson 9, Encouraging Others not to Use Tobacco

773. Mental and Emotional Wellness

Standard (The student will:)

understand and demonstrate the key components to positive and emotional health

Lesson

in lessons throughout the unit

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Grade 1

778. Healthy Lifestyles

Standard (The student will:)

acquire the essential skills to lead a healthy life

Lesson

Lesson 3, Messages from Media; Lesson 4, Messages from People; Lesson 6, *The Self-Control Skill™*, Day 1; Lesson 7, *The Self-Control Skill™*, Day 2; Lesson 8, *The Self-Control Skill™*, Day 3; Follow-up Lesson 2, The Man with the Smoke; Follow-up Lesson 3, Getting Support in Using *The Self-Control Skill™*

779. Risk-Taking Behavior

Standard (The student will:)

demonstrate the ability to practice health-enhancing behaviors and reduce health risks

Lesson

all lessons

780. Communication Skills for Healthy Relationships

Standard (The student will:)

demonstrate the ability to use communication skills to enhance health

Lesson

all lessons, especially Lesson 2, Sidestream Smoke; Lesson 9, Encouraging Others not to Use Tobacco

781. Consumer Health

Standard (The student will:)

organize, analyze, and apply health information practices and services appropriate for individual needs

Lesson

all lessons, especially Lesson 1, What Is Tobacco?; Lesson 2, Sidestream Smoke; Lesson 9, Encouraging Others not to Use Tobacco

782. Mental and Emotional Wellness

Standard (The student will:)

understand and demonstrate the key components to positive and emotional health

Lesson

in lessons throughout the unit

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Grade 2

787. Healthy Lifestyles

Standard (The student will:)

acquire the essential skills to lead a healthy life

Lesson

Lesson 3, Messages from Media; Lesson 4, Messages from People; Lesson 6, *The Self-Control Skill™*, Day 1; Lesson 7, *The Self-Control Skill™*, Day 2; Lesson 8, *The Self-Control Skill™*, Day 3; Follow-up Lesson 2, The Man with the Smoke; Follow-up Lesson 3, Getting Support in Using *The Self-Control Skill™*

788. Risk-Taking Behavior

Standard (The student will:)

demonstrate the ability to practice health-enhancing behaviors and reduce health risks

Lesson

all lessons

789. Communication Skills for Healthy Relationships

Standard (The student will:)

demonstrate the ability to use communication skills to enhance health

Lesson

all lessons, especially Lesson 2, Sidestream Smoke; Lesson 9, Encouraging Others not to Use Tobacco

790. Consumer Health

Standard (The student will:)

organize, analyze, and apply health information practices and services appropriate for individual needs

Lesson

all lessons, especially Lesson 1, What Is Tobacco?; Lesson 2, Sidestream Smoke; Lesson 9, Encouraging Others not to Use Tobacco

791. Mental and Emotional Wellness

Standard (The student will:)

understand and demonstrate the key components to positive and emotional health

Lesson

in lessons throughout the unit

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Grade 3

796. Healthy Lifestyles

Standard (The student will:)

acquire the essential skills to lead a healthy life

Lesson

Lesson 3, Messages from Media; Lesson 4, Messages from People; Lesson 6, *The Self-Control Skill™*, Day 1; Lesson 7, *The Self-Control Skill™*, Day 2; Lesson 8, *The Self-Control Skill™*, Day 3; Follow-up Lesson 2, The Man with the Smoke; Follow-up Lesson 3, Getting Support in Using *The Self-Control Skill™*

797. Risk-Taking Behavior

Standard (The student will:)

demonstrate the ability to practice health-enhancing behaviors and reduce health risks

Lesson

all lessons

798. Communication Skills for Healthy Relationships

Standard (The student will:)

demonstrate the ability to use communication skills to enhance health

Lesson

all lessons, especially Lesson 2, Sidestream Smoke; Lesson 9, Encouraging Others not to Use Tobacco

799. Consumer Health

Standard (The student will:)

organize, analyze, and apply health information practices and services appropriate for individual needs

Lesson

all lessons, especially Lesson 1, What Is Tobacco?; Lesson 2, Sidestream Smoke; Lesson 9, Encouraging Others not to Use Tobacco

800. Mental and Emotional Wellness

Standard (The student will:)

understand and demonstrate the key components to positive and emotional health

Lesson

in lessons throughout the unit

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Grade 4

805. Healthy Lifestyles

Standard (The student will:)

acquire the essential skills to lead a healthy life

Lesson

Lesson 5, Don't Even Try It; Lesson 6, *The Refusal Skill for Self-Control™*; Lesson 7, *The Refusal Skill™*, Day 1; Lesson 8, *The Refusal Skill™*, Day 2; Lesson 10, Transfer; Follow-up Lesson 1, Students as Teachers; Follow-up Lesson 3, Getting a Friend's Support in Using *The Refusal Skill™*

806. Risk-Taking Behavior

Standard (The student will:)

demonstrate the ability to practice health-enhancing behaviors and reduce health risks

Lesson

Lesson 4, Countering the Messages; Lesson 5, Don't Even Try It; Lesson 6, *The Refusal Skill for Self-Control™*; Lesson 7, *The Refusal Skill™*, Day 1; Lesson 8, *The Refusal Skill™*, Day 2; Lesson 9, Strategies to Help Others; Lesson 10, Transfer; Follow-up Lesson 1, Students as Teachers; Follow-up Lesson 3, Getting a Friend's Support in Using *The Refusal Skill™*

807. Communication Skills for Healthy Relationships

Standard (The student will:)

demonstrate the ability to use communication skills to enhance health

Lesson

all lessons, especially Lesson 4, Countering the Messages; Lesson 9, Strategies to Help Others

808. Consumer Health

Standard (The student will:)

organize, analyze, and apply health information practices and services appropriate for individual needs

Lesson

all lessons, especially Lesson 1, Changing Attitudes; Lesson 9, Strategies to Help Others; Follow-up Lesson 1, Students as Teachers

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809. Mental and Emotional Wellness**Standard (The student will:)**

understand and demonstrate the key components to positive and emotional health

Lesson

in lessons throughout the unit

Grade 5**814. Healthy Lifestyles****Standard (The student will:)**

acquire the essential skills to lead a healthy life

Lesson

Lesson 5, Don't Even Try It; Lesson 6, *The Refusal Skill for Self-Control™*; Lesson 7, *The Refusal Skill™*, Day 1; Lesson 8, *The Refusal Skill™*, Day 2; Lesson 10, Transfer; Follow-up Lesson 1, Students as Teachers; Follow-up Lesson 3, Getting a Friend's Support in Using *The Refusal Skill™*

815. Risk-Taking Behavior**Standard (The student will:)**

demonstrate the ability to practice health-enhancing behaviors and reduce health risks

Lesson

Lesson 4, Countering the Messages; Lesson 5, Don't Even Try It; Lesson 6, *The Refusal Skill for Self-Control™*; Lesson 7, *The Refusal Skill™*, Day 1; Lesson 8, *The Refusal Skill™*, Day 2; Lesson 9, Strategies to Help Others; Lesson 10, Transfer; Follow-up Lesson 1, Students as Teachers; Follow-up Lesson 3, Getting a Friend's Support in Using *The Refusal Skill™*

816. Communication Skills for Healthy Relationships**Standard (The student will:)**

demonstrate the ability to use communication skills to enhance health

Lesson

all lessons, especially Lesson 4, Countering the Messages; Lesson 9, Strategies to Help Others

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817. Consumer Health**Standard (The student will:)**

organize, analyze, and apply health information practices and services appropriate for individual needs

Lesson

all lessons, especially Lesson 1, Changing Attitudes; Lesson 9, Strategies to Help Others; Follow-up Lesson 1, Students as Teachers

818. Mental and Emotional Wellness**Standard (The student will:)**

understand and demonstrate the key components to positive and emotional health

Lesson

in lessons throughout the unit

Grade 6

823. Healthy Lifestyles**Standard (The student will:)**

acquire the essential skills to lead a healthy life

Lesson

Lesson 5, Don't Even Try It; Lesson 6, *The Refusal Skill for Self-Control™*; Lesson 7, *The Refusal Skill™*, Day 1; Lesson 8, *The Refusal Skill™*, Day 2; Lesson 10, Transfer; Follow-up Lesson 1, Students as Teachers; Follow-up Lesson 3, Getting a Friend's Support in Using *The Refusal Skill™*

824. Risk-Taking Behavior**Standard (The student will:)**

demonstrate the ability to practice health-enhancing behaviors and reduce health risks

Lesson

Lesson 4, Countering the Messages; Lesson 5, Don't Even Try It; Lesson 6, *The Refusal Skill for Self-Control™*; Lesson 7, *The Refusal Skill™*, Day 1; Lesson 8, *The Refusal Skill™*, Day 2; Lesson 9, Strategies to Help Others; Lesson 10, Transfer; Follow-up Lesson 1, Students as Teachers; Follow-up Lesson 3, Getting a Friend's Support in Using *The Refusal Skill™*

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825. Communication Skills for Healthy Relationships

Standard (The student will:)	Lesson
demonstrate the ability to use communication skills to enhance health	<i>all lessons, especially Lesson 4, Countering the Messages; Lesson 9, Strategies to Help Others</i>

826. Consumer Health

Standard (The student will:)	Lesson
organize, analyze, and apply health information practices and services appropriate for individual needs	<i>all lessons, especially Lesson 1, Changing Attitudes; Lesson 9, Strategies to Help Others; Follow-up Lesson 1, Students as Teachers</i>

827. Mental and Emotional Wellness

Standard (The student will:)	Lesson
understand and demonstrate the key components to positive and emotional health	<i>in lessons throughout the unit</i>

Grades 7-8**832. Healthy Lifestyles**

Standard (The student will:)	Lesson
acquire the essential skills to lead a healthy life	Lesson 3, Sidestream Smoke; Lesson 6, Resisting the Influences; Lesson 7, <i>The Refusal Skill for Self-Control™</i> ; Lesson 8, <i>The Refusal Skill™</i> , Day 1; Lesson 9, <i>The Refusal Skill™</i> , Day 2; Lesson 10, Transfer; Follow-up Lesson 1, Review; Follow-up Lesson 4, Teaching <i>The Refusal Skill™</i> to a Younger Person

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833. Risk-Taking Behavior**Standard (The student will:)**

demonstrate the ability to practice health-enhancing behaviors and reduce health risks

Lesson

Lesson 3, Sidestream Smoke; Lesson 6, Resisting the Influences; Lesson 7, *The Refusal Skill for Self-Control™*; Lesson 8, *The Refusal Skill™*, Day 1; Lesson 9, *The Refusal Skill™*, Day 2; Lesson 10, Transfer; Follow-up Lesson 1, Review; Follow-up Lesson 4, Teaching *The Refusal Skill™* to a Younger Person

834. Communication Skills for Healthy Relationships**Standard (The student will:)**

demonstrate the ability to use communication skills to enhance health

Lesson

all lessons, especially Lesson 3, Sidestream Smoke; Lesson 6, Resisting the Influences

835. Consumer Health**Standard (The student will:)**

organize, analyze, and apply health information practices and services appropriate for individual needs

Lesson

all lessons, especially Lesson 1, The Norms around Using Tobacco; Lesson 3, Sidestream Smoke

836. Mental and Emotional Wellness**Standard (The student will:)**

understand and demonstrate the key components to positive and emotional health

Lesson

in lessons throughout the unit

Grades 9-12**841. Healthy Lifestyles****Standard (The student will:)**

acquire the essential skills to lead a healthy life

Lesson

Lesson 8, Real World Refusal Skills; Lesson 9, *The Refusal Skill™*, Day 1; Lesson 10, *The Refusal Skill™*, Day 2; Lesson 11, *The Refusal Skill for Self-Control™*; Lesson 14, Transfer; Follow-up Lesson 3, Using *The Refusal Skill™*

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842. Risk-Taking Behavior
Standard (The student will:)

demonstrate the ability to practice health-enhancing behaviors and reduce health risks

Lesson

Lesson 1, Teaching Younger Students about Tobacco, Day 1; Lesson 2, Teaching Younger Students about Tobacco, Day 2; Lesson 5, Models; Lesson 8, Real World Refusal Skills; Lesson 9, *The Refusal Skill™*, Day 1; Lesson 10, *The Refusal Skill™*, Day 2; Lesson 11, *The Refusal Skill for Self-Control™*; Lesson 12, Quitting Tobacco Use, Day 1; Lesson 13, Quitting Tobacco Use, Day 2; Lesson 14, Transfer; Follow-up Lesson 2, Changing the Future; Follow-up Lesson 3, Using *The Refusal Skill™*

843. Communication Skills for Healthy Relationships
Standard (The student will:)

demonstrate the ability to use communication skills to enhance health

Lesson

all lessons, especially Lesson 1, Teaching Younger Students about Tobacco, Day 1; Lesson 2, Teaching Younger Students about Tobacco, Day 2; Lesson 5, Models; Lesson 12, Quitting Tobacco Use, Day 1; Lesson 13, Quitting Tobacco Use, Day 2; Lesson 14, Transfer; Follow-up Lesson 1, Review; Follow-up Lesson 2, Changing the Future

844. Consumer Health
Standard (The student will:)

organize, analyze, and apply health information practices and services appropriate for individual needs

Lesson

all lessons, especially Lesson 1, Teaching Younger Students about Tobacco, Day 1; Lesson 2, Teaching Younger Students about Tobacco, Day 2; Lesson 5, Models; Lesson 12, Quitting Tobacco Use, Day 1; Lesson 13, Quitting Tobacco Use, Day 2

845. Mental and Emotional Wellness
Standard (The student will:)

understand and demonstrate the key components to positive and emotional health

Lesson

in lessons throughout the unit

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